

# Science Hill High School Band

Carson Vermillion & Dan McGuire - Directors

1509 John Exum Parkway  
Johnson City, TN 37604

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Phone (423) 232-2193

June 10, 2016

Dear Topper Band Members,

Welcome to the 2016 edition of the 'Topper Marching Band. We have an exciting show in store for our fans this fall. Our show, *Arabia*, is based upon music of the Arabian culture. The music includes themes from *Scheherazade* by Rimsky Korsakov, *Arabian Dreams* by Newbold, and *Arabian Dances* by Balmages. It should be amazing visually and musically!

This letter contains most of the information you will need for band camp. Other information will be placed on the band website – [www.shhsbandboosers.org](http://www.shhsbandboosers.org) – including forms and a calendar for the fall. Please read over the following items:

- Band Camp Schedule
- Expectations for camp
- Band Camp Survival Guide
- Fall Marching Band schedule: All rehearsals / performances
- T-shirt order form (*pre-order shirts for family members will only be taken at band camp registration – Sunday, July 17, 2-5 pm*)

The band office will be closed June 27 – July 8. You can contact either of us through our e-mail addresses below and we will respond to you in a timely fashion. If you have any conflicts with camp that may jeopardize your participation please contact us ASAP.

Here's to a great fall,

Dr. Carson Vermillion  
Director of Bands  
[vermillionc@jcschools.org](mailto:vermillionc@jcschools.org)

Dan McGuire  
Associate Director of Bands  
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## **Band Camp Dates:**

June 20 – Leadership Seminar – 9 am to 8 pm, **for all SLTs, Juniors and Seniors (sophomores are encouraged to attend) - must eat lunch on campus, dinner provided.**

June 20-24 – Guard Camp, 9 am – 5 pm daily (**must eat lunch on campus**) - *11<sup>th</sup> and 12 grade guard members will attend leadership clinic on the 20<sup>th</sup>, all others will be in guard camp*

June 20-24 – Percussion Camp, 9 am – 5 pm daily, for rookies and all percussion vets that are in town (vets report at 1 pm) – (must eat lunch on campus)

June 21-24 – Rookie Camp, 9 am – 1 pm daily

July 17 – Band Camp Registration, 2-5 pm (see below)

July 18 – 22 - Full Band Mini Camp, 9-4 daily (**must bring lunch, cannot leave campus**)

July 25-29 – Full Band Camps, 9-9 daily (**must bring lunch, cannot leave campus, dinner provided**)

July 27 – Uniform fitting (during camp)

**August 2 – First day of school (half day), rehearsal 1-4 pm**

## **Band Camp Registration**

**July 17 (Sunday), 2-5 pm, Bandroom**

Students and parents will drop-in for registration in the bandroom. During this time students will take care of any paperwork including:

**balance of camp fee (\$75/\$125)**

**pick up band t-shirt (free for students)**

**order parent t-shirts (form attached)**

**turn in completed field trip release form**

**pay instrument rental fee (\$50)**

**receive band locker**

**order accessories (see prices below)**

**purchase lyre/flip folders (if needed)**

**Index Card Book – holds drill sheets (\$2)**

### **Prices for accessories (estimates):**

Shoes - \$34.00

Gloves - \$3.00 (will need a white and black pair – suggest buying 2 of each)

Poncho - \$7.00 (required if you have not purchased one in past)

Garment Bag - \$14.00 (optional, but highly recommended for travel)

Roll Bag - \$11.00 (optional)

Sport Bag - \$24.00 (optional)

### **Full Band Camp, 9 am – 9 pm daily**

Typical daily Schedule:

9 am – depart from bandroom in marching block to practice field – fundamentals and drill in the morning

12 pm – march back to bandroom for lunch (you must provide your own lunch, **you cannot leave campus**)

1 pm -3:45 pm - Music Sectionals

4 pm – 5 pm - Full band rehearsal

5 pm – Dinner in cafeteria, provided by SHHS Band Boosters - **you cannot leave campus**

6 pm -8:45 pm - Evening marching rehearsals at practice field

9:00 pm – arrive back at band room

**Friday, August 14 – Show Preview Night, 6 pm.** The Boosters will hold our first meeting of the fall followed by the first performance of show. More info to follow.

**On the First day of school (Tuesday, August 2nd),** we will have an extended rehearsal **until 4 PM**. The first day is only a half day, but we will rehearse after school dismisses. Do not make any plans or appointments after school on this day. Students will need to bring their lunch – they will not be allowed to leave school.

## **Camp Expectations:**

*All students are required to attend camp the entire day.* Please do not schedule appointments during band camp or on regular after school rehearsal days (Tuesdays & Thursdays) during the school year. There are no after school rehearsals on Mondays and Wednesdays; they are open each week for appointments.

## **Things you need for camp:**

- hat
- sunscreen (you will get sunburned without)
- flip folder and lyre, reeds
- pencil
- **three ringed binder with ten (10) clear protective sheets that will hold your show music, coordinate sheet, and drill book**
- athletic shoes with socks (no flip flops, crocks, boots, etc.)
- personal water jug (Igloo type) – Camelbacks work great! **We do not supply water during practice**
- eat a good breakfast
- lunch (please no carbonated drinks)

## **Guidelines for camp:**

- Be on time each morning
- No visitors during the day
- You cannot leave campus or hang out in the parking lot
- Respect others including the staff and your fellow students
- Have your instrument in good playing condition
- Follow directions **the first time**
- The SHHS student handbook will be followed for all band activities.

## **Band Camp Survival Guide**

Band camp is a very exciting aspect of marching band. Subject to both horror stories and the occasional comedy, many new students express some fear regarding band camp and what it entails. Following is a summary of some of the most frequently asked questions and things that you can do to prepare for band camp.

## **Things I can do during the summer:**

### **1. Acclimate to heat before camp begins:**

Many students spend the majority of their summer in air conditioned spaces. It is very important that their bodies acclimate to heat before they get to camp. This has a dramatic impact on how comfortable they are during those long days in the sun.

#### **Things you can do:**

- GO OUTSIDE
- Ride in the car with the windows down and no a/c.
- GO OUTSIDE
- Mow your grass during the hottest part of the day.
- Seriously....turn off the Xbox/PC and GO OUTSIDE.

### **2. Exercise**

While many people are not sure what to do to really help themselves “get in shape,” the simple act of going outside and running or walking on a regular basis can help a student prepare for the rigors of band camp. As someone that was once a soccer player/coach, I can attest to the fact that some people do not consider marching band to be a physical activity. However, some preparation beforehand can have a tremendous impact on your student’s success and comfort in this activity that is indeed very physical,

especially during the long hours at band camp.

If anyone is interested in specific things that they can do to prepare, please feel free to email Mr. McGuire at [m McGuire@jcschools.org](mailto:m McGuire@jcschools.org).

3. **Exercise immediately after waking up**

One of the most difficult things to get used to during camp is how physical one must be early in the day. One thing that can help is waking up during the summer, regardless of the time, and going for a jog immediately. This can help the body acclimate to being physical quickly after waking up, something that is necessary during camp.

4. **Finish Summer Work**

Many students enroll in classes that require summer work. It is extremely important that any and all summer work be completed before camp begins. Students will not have any time at all during the two weeks of band camp to complete these assignments, and the week following they will very likely be exhausted.

5. **Wean off of sodas**

While the vast majority of people in our society drink soda every day, it has been proven that it has a negative impact on individual health when ingested on a regular basis. The main negative side effect of soda for our purposes, whether regular or diet, is this: dehydration.

If your student drinks sodas on a regular day-to-day basis, we would strongly recommend that they attempt to lower their consumption going into camp. The process of weaning off of soda shares similar withdrawal symptoms with many other addictive substances. Getting that process out of the way before camp can make things much more enjoyable for your student.

## **Things I can do during Band Camp**

1. **Eating**

- a. Breakfast: This is by far the most important meal of the day. **Even if your student is not a person that typically eats breakfast, they must eat breakfast every day of band camp.** The type of food that they eat is quite important. Here are some general rules:
  - Do not eat/drink any dairy for breakfast! Your student will throw up during morning block.
  - A good breakfast has two main components: Protein and Carbs. Both are equally important. I prefer turkey bacon, eggs, and a piece of wheat toast in the morning....however you get those things is up to you, just make sure you get both.
  - Having pancakes, muffins, doughnuts, etc. for breakfast will leave a student feeling drained and run down after an hour. Please try to avoid these foods.
- b. Lunch: Something here that isn't too heavy, but still has some good carbs. Try to avoid things like white bread and sodas. Instead use wheat bread and focus on getting complex carbs. Perform a Google search for complex carbs to find a list of things that you might consider.
- c. Dinner: Dinner will be provided for students during the 2<sup>nd</sup> week of band camp.

2. **What to Drink**

- a. Breakfast: Orange Juice is a great drink in the mornings. Coffee can also be good. Avoid milk at all costs....your student will see that milk again in a very unpleasant way if they drink it.
- b. Lunch and Dinner: Water and Gatorade. Students should drink both. The military requires that all soldiers at boot camp drink water and Gatorade during meal breaks for a reason. The water is needed to replenish what students will sweat out during the day, and the electrolytes in the Gatorade will help give them energy and make them feel better.
- c. What to avoid: Soda. It will dehydrate your student, and the "down" experienced because of the

sugar will cause them to feel terrible about an hour into the next rehearsal block.

It cannot be overstated that what a student eats has a direct impact on how they feel. Many times when a student tells us that they want to go home because they don't feel good, it is because they have not eaten appropriately. Please make every effort to ensure that your student eats and drinks well, especially if that is something that they do not normally do.

3. **Sleep**

It is of vital importance that your student sleeps well during band camp. Luckily, most students do not have a problem with this during the 2<sup>nd</sup> week of camp as they are exhausted when they go home. Students should avoid any type of evening engagements during the 2<sup>nd</sup> week of camp. Once they go home, they should plan on going to bed quickly.

4. **Waking up in the morning and not wanting to go to Band Camp**

Every year there is at least one student that wakes up in the morning and does not wish to attend camp because they feel sick. Unless that student has a fever over 100.0 degrees, the best thing you can do is get them to camp and push through it. Almost every time those student's bodies are simply unaccustomed to the level of physical activity that they experience at band camp. Their bodies will adjust, but only if they push through. Make sure they get a good meal and have plenty of Gatorade for the day, and let a director know so that we can keep an eye on them.

5. **Sunscreen and Appropriate Clothing**

Band camp happens outside. While we try to shield the majority of students from the worst of the heat, there is no way for us to avoid the sun and what it can do to the body if not properly prepared. All students should have the following:

- Sunscreen (This is not the week to work on your tan)
- A hat that will cover your face
- A water container (**Not optional**)
- Light colored clothing (Please be aware of the weather...white t-shirts can be a bad idea)
- Good footwear. Must have good ankle support. **No sandals!**

Even if you have spent most of the summer outside, the heat from the sun can zap your energy and leave you feeling drained. The days are quite long, especially during the 2<sup>nd</sup> week, so keeping the sun off your face and wearing sunscreen (and reapplying during breaks!) is essential to functioning at 100%.

6. **Blisters**

Given how much we are on the move, blisters are unavoidable. As soon as a blister starts to form, please do not pop it. Instead, put a piece of mole skin on the blister and cover it with duct tape. That should minimize any rubbing and allow the blister to heal. It is really important that students do this as soon as a blister starts to form. If they pop and bleed it can make life miserable.

7. **End of day activities**

At the end of each day, students should make sure they do a good stretch before going to bed. This will help work out any lactic acid that might still be in their muscles from the day's activities and will make them feel better the next day. Also, if anything is particularly sore, applying some ice for 10 minutes can help reduce swelling.

If you have any questions regarding camp, or the expectations for students, please feel free to email us during the summer. While we do not always check our emails regularly, we do make an effort to check them periodically and answer any questions we receive. We are excited to have you join our band family, and we can't wait to see you in July!

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- July 27 – Uniform fitting (during camp)

### **August 2 – First day of school (half day), rehearsal 1-4 pm**

August 12 – Halftime Preview Show, 7 pm, stadium

August 13 – PASIC Rehearsal, 10:30 am – 3 pm

August 26 – Football @ Elizabethton

August 27 – PASIC Rehearsal, 10:30 – 3 pm

August 29 – After school rehearsal, 3-5:30 (pre-game show)

September 2 – Football, Home

September 9 – Football @ Erwin, NC (full band will travel)

September 16 – Football @ Maryville (full band will travel)

September 17 – Band Camp, 9-9 pm

September 23 – Football, Homecoming

September 24 - PASIC Rehearsal, 10:30 am – 5 pm

September 30 – Football, Home

October 1 – Marching Contest – Seymour

October 6 - PASIC Rehearsal, 1–5 pm

October 6 – Evening rehearsal, 6-9 pm (During Fall Break)

October 7 – Day Camp, 9 am – 5 pm (During Fall Break)

October 7 – Football, @ William Blount (full band will travel)

October 8 – Marching Contest – TBA

October 14 – Football, @ Jefferson Co. (full band will travel)

October 15 – Marching Contest – Sullivan Central

October 21 – Football, Home

October 22 – Marching Contest – James Madison University

October 28 – Football, Home

October 29 - PASIC Rehearsal, TBA

October 29 - Hilltopper Invitational

November 4 – State Playoffs, TBA

November 6 – Percussion Extravaganza, 6-8 pm

November 7 – PASIC Friends and Family Concert, 7 pm

November 9-12 – PASIC, Indianapolis

November 11 – State Playoffs, TBA

November 18 – State Playoffs, TBA

December 3 – JC Christmas Parade, TBA

December 9 – Winter Concert, 7 pm

### **Weekly Rehearsal Schedule:**

Tuesdays – **after school rehearsal 3-5:30 pm**

Thursdays – **after school rehearsal 3-5:30 pm**

Fridays – **after school rehearsal for home games - students will be fed dinner at school**